

UVA Teaching Kitchen Cooking Class

Chicken Burrito Bowls

Makes: 2 servings, 3 cups each

Time: 30-45 minutes (15-20 minutes prep, 10-15 minutes cook)

Equipment: frying pans, medium sauce pan/pot

Source: Personal recipe but for a reference <https://damndelicious.net/2017/05/12/chicken-burrito-bowl-meal-prep/>

Ingredients:

2 skinless boneless chicken breasts
2 TBSP olive oil
1 TBSP chili powder
2 tsp ground cumin
2 tsp onion powder
2 tsp garlic powder
½ tsp paprika
Black pepper to taste
1 cup quinoa or rice, uncooked (any variety)

Optional/Customizable Toppings

Lime juice (1 TBSP or to taste)
1 can (15 oz) black beans
1 cup tomatoes, chopped (any variety)
1 bell pepper, chopped
½ medium onion, chopped
½ head iceberg or 1 head romaine lettuce, chopped
Sour cream
Chipotle ranch dressing
Shredded cheese
Pico de gallo
Corn
Avocado or guacamole
Cilantro

Directions:

- Rough chop chicken breasts into small 2" pieces
- Mix together chili powder, onion powder, cumin, garlic powder, paprika, and pepper
- Mix seasoning and chicken together in a bowl, making sure seasoning is mixed well amongst chicken
**For added flavor season chicken at least 30 minutes prior to cooking and let sit in refrigerator
- Begin cooking rice or quinoa according to directions on the package
**Some people like to put lime juice on their grains after cooking
- Place olive oil in frying pan over medium heat
- Place seasoned chicken in pan and sauté until internal temperature is 165°F or juice runs clear when pierced with fork
- While chicken is cooking, cut peppers and onions. Sauté in frying pan with oil over medium heat until onions are clear and peppers become soft
- If using black beans, place beans in a saucepan and heat on medium for 5 minutes
- Cut/chop other desired ingredients
- Once all ingredients are prepared, place rice/quinoa, chicken, and other toppings in a bowl and enjoy!

Notes: A packet of Taco Seasoning can be used in place of the spices listed in the ingredients.